

# West Los Angeles Karate - KYU AND DAN TESTING REQUIREMENTS

## 8<sup>TH</sup> KYU - Yellow Belt

### KIHON

1. Forward- Oi zuki jodan
2. Backwards- Age uke
3. Forward – Oi zuki chudan
4. Backwards - Soto uke
5. Forward- Mae geri
6. Backwards - Kokutsu dachi/Shuto uke
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions

### GOHON IPPON KUMITE

- Forward - Oi zuki jodan
- Backward – Age uke
- Forward - Oi zuki chudan
- Backward – Soto uke

### KATA

Heian Shodan

## 7<sup>TH</sup> KYU - Orange Belt

### KIHON

1. Forward- Oi zuki jodan
2. Backwards- Age uke + Gyaku zuki
3. Forward- Oi zuki chudan
4. Backwards- Soto uke + Gyaku zuki jodan
5. Forward- Mae geri jodan
6. Backwards- Uchi uke
7. Forward- Mawashi geri
8. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri
9. Kiba Dachi – Yoko geri keage – both directions
10. Kiba Dachi- Yoko geri Kekomi – both directions

### GOHON IPPON KUMITE

- Forward - Oi zuki jodan
- Backward – Age uke
- Forward - Oi zuki chudan
- Backward – Soto uke

### KATA

Heian Nidan

## 6<sup>th</sup> Kyu - Green Belt

### KIHON

1. Forward- Sanbon zuki
2. Backward- Age uke + Gyaku zuki
3. Forward- Uchi uke + Gyaku zuki
4. Backward- Gedan barai + Gyaku zuki
5. Forward- Zenkutsu dachi/ Soto uke + Kiba dachi+Yoko Empi-uchi+Uraken-uchi
6. Backwards- Kokutsu dachi/Shuto Uke + Mae ashi geri + Zenkutsu dachi + Nukite
7. Forward- Mae geri chudan + Mae geri jodan
8. Forward- Mawashi geri chudan + Mawashi geri jodan + Gyaku zuki chudan
9. Kiba Dachii – Yoko geri keage – both directions
10. Kiba Dachii- Yoko geri kekomi – both directions
11. Forward- Mae geri chudan + Oi zuki jodan

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri

### KATA

Heian Sandan

## 5<sup>th</sup> Kyu - Blue Belt

### KIHON

1. Forward- Sanbon zuki + Mae geri (in place)
2. Backward- Age uke + Gyaku zuki + Mae geri (in place)
3. Forward- Zenkutsu dachi/Soto uke + Kiba dachi/Yoko Empi-uchi + Uraken-uchi + Zenkutsu dachi/  
Gyaku zuki
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Kizami zuki +  
Gyaku zuki chudan
5. Forward- Mae geri chudan + Mae geri jodan + Gyaku zuki chudan
6. Forward- Mawashi geri chudan + Mawashi geri Jodan + Gyaku zuki chudan
7. Kiba Dachī – Yoko geri keage – both directions
8. Kiba Dachī- Yogo geri Kekomi – both directions
9. Forward- Mae geri + Yoko geri kekomi + Gyaku zuki chudan

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi

### KATA

Heian Yondan

## 4<sup>TH</sup> KYU - Purple Belt

### KIHON

1. Forward- Sanbon zuki + Mae geri (in place)
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri (in place)
3. Forward- Zenkutsu dachi/Soto uke + Kiba dachi/Yoko Empi uchi/Uraken uchi + Zenkutsu dachi/gedan barai + Gyaku zuki chudan
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Mae geri/in place + Gyaku zuki
5. Forward- Mae ashi geri chudan + Mae geri jodan + Gyaku zuki
6. Forward- Mawashi ashi geri chudan + Mawashi geri jodan + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri Kekomi – both directions
9. Forward- Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi
- Mawashi geri

### KATA

Heian Godan

## 3<sup>TH</sup> KYU - Brown Belt

### KIHON

1. Forward- Sanbon zuki + Mae geri (in place) + Mae ashi geri
2. Backwards- Age Uke + Gyaku zuki + Mae geri (in place) + Mae ashi geri
3. Forward- Soto uke + Kibadachi + Yoko Empi + Uraken + Zenkutsu dachi/Gedan barai + Gyaku zuki jodan
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Mae geri (in place) + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Gyaku zuki
6. Forward- Mae ashi Mawashi geri chudan + Mawashi geri jodan + Uraken + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Mae ashi Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri – Yoko geri keage – both directions
11. In Place- Mae geri – Yoko geri kekomi – both directions
12. Punch the pencil tip without hitting it

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Shodan

## 2<sup>nd</sup> KYU - Brown Belt

### KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place)
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri (in place)
3. Forward- Soto uke – Kiba dachi/Yoko Empi/Uraken + Mawashi geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke (same arm)
6. Forward- Mae ashi Mawashi geri + Mawashi geri jodan + Uraken + Soto uke
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Mae ashi Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri
11. In Place- Mae geri + Yoko geri kekomi Mawashi geri + Ushiro geri
12. Punch the pencil without hitting it

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

## 1<sup>ST</sup> KYU - Brown Belt

### KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place) + Gyaku zuki
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri + Gyaku zuki
3. Forward- Soto uke + Yoko Empi/Uraken + ½ step back/Ushiro geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Soto uke + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke + Gyaku zuki
6. Forward- Mawashi ashi geri + Mawashi geri jodan + Uraken + Soto uke + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
11. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
12. Punch the pencil without hitting it

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte



## 1<sup>ST</sup> Dan - Black Belt

### KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place) + Gyaku zuki
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri + Gyaku zuki
3. Forward- Soto uke + Yoko Empi/Uraken + ½ step back/Ushiro geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Soto uke + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke + Gyaku zuki
6. Forward- Mawashi ashi geri + Mawashi geri jodan + Uraken + Soto uke + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
11. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
12. Punch the pencil without hitting it

### JYU IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

## 2nd Dan - Black Belt

### KIHON

1. Kizami zuki - Jun zuki - Jun zuki - Jun zuki (*Jodan*)
2. Soto uke + Kizami zuki + Mae ashi geri + Gyaku zuki
3. (*Backwards*) Soto uke + Mae ashi geri + Kizami zuki + Gyaku zuki
4. Yogo geri kekome (*Gedan*) + Mawashi geri + Ashi Barai + Ushiro geri + Jun zuki
5. Jun zuki (*Jodan*) + Uraken (*same arm*) + Mawashi geri + Uaken + Gyaku zuki
6. Mae ashi geri (*step back*) + Gyaku zuki + Yogo ashi geri kekome (*step back*) + Gyaku zuki + Ushiro geri (*With front leg and step back*) + Gyaku zuki
7. Kiba Dachi- Yoko geri kekomi – both directions
8. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
9. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
11. Any combinations requested by members of the examining board

### KUMITE

Ju kumite

Defense applications

### KATA (1 from each group)

1. Sochin, Nijushiho, Kanku Sho, Bassai Sho
2. Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte
3. Tekki Shodan, Tekki Nidan, Tekki Sandan

## 3rd Dan - Black Belt

### KIHON - Ju Kamae

1. Kizami zuki + Jun zuki + Gyaku zuki
2. (*Backwards*) Age uke + Soto uke (*with same arm*) + Gyaku zuki
3. Uchi uke + Kizami zuki (*Kokutsu dachi*) + Gyaku zuki (*Zenkutsu dachi*)
4. (*Backwards*) Shuto uke + Mae ashi geri (*Kokutsu dachi*) + Nukite (*Zenkutsu dachi*)
5. Mae geri + Gyaku zuki + Yogo geri (*Kekomimi*) + Gyaku zuki + Mawashi geri + Gyaku zuki
6. Ushiro geri
7. Mae geri + Yogo Geri (*Kekomimi*) + Ushiro geri (*Same foot*)

### KUMITE

Ju kumite

### KATA

Favorite kata

## 4th Dan - Black Belt

### KIHON - Ju Kamae

1. Kizami zuki + Sanbon zuki
2. (*Backwards*) Age uke + Soto uke (*with same arm*) + Gyaku zuki
3. Uchi uke + Kizami zuki (*Kokutsu dachi*) + Gyaku zuki (*Zenkutsu dachi*)
4. (*Backwards*) Shuto uke + Mae ashi geri (*Kokutsu dachi*) + Nukite (*Zenkutsu dachi*)
5. Mae geri + Jun zuki + Gyaku zuki
6. Mawashi ashi geri + Yogo geri kekomi + Gyaku zuki
7. Mae geri + Yogo geri (*Kekomi*) + Ushiro geri (*Same foot*)

### KUMITE

Ju kumite

### KATA

Favorite kata Q&A

## 5th Dan - Black Belt

### KIHON - Ju Kamae

1. Kizami zuki + Sanbon zuki
2. (*Backwards*) Age uke + Soto uke (*with same arm*) + Gyaku zuki
3. Uchi uke + Kizami zuki (*Kokutsu dachi*) + Gyaku zuki (*Zenkutsu dachi*)
4. (*Backwards*) Shuto uke + Mae ashi geri (*Kokutsu dachi*) + Nukite (*Zenkutsu dachi*)
5. Mae geri + Jun zuki + Gyaku zuki
6. Yogo geri kekomi + Gyaku zuki
7. Mawashi ashi geri + Gyaku zuki
8. Mae geri + Yogo geri (*Kekomi*) + Mawashi geri

### KUMITE

Ju kumite

### KATA

Any kata from Heian shodan to Tekki sandan Q&A

Favorite kata Q&A

## **6th Dan - Black Belt**

KIHON - Ju Kamae

Specified by examiner

KUMITE

Ju kumite

KATA

Any kata from Heian shodan to Tekki sandan + Bassai dai, Kanku dai, Empi and Jion

Favorite kata

Q&A on techniques

Report on techniques

## **7th Dan - Black Belt**

KIHON - Ju Kamae

Specified by examiner

KUMITE

Ju kumite

KATA

Favorite kata

Q&A on techniques

Report on techniques

**8th Dan - Black Belt** Recommendation  
**9th Dan - Black Belt** Recommendation  
**10th Dan - Black Belt** Recommendation